

ABSTRACT OF THE DISCLOSURE

[0092] A cup for reducing or eliminating spillage or shake-out is provided. The cup has a cap and a spill and shake-out inhibiting element. The spill and shake-out inhibiting element is a dispensing tunnel, which provides for the formation of a pressure differential between the inside of the cup and the atmosphere when fluid begins to flow through the dispensing tunnel. The pressure differential, when it reaches a predetermined level, prevents further flow or movement of the fluid through the dispensing tunnel until additional suction is applied by the user. The diameter of the dispensing tunnel is small enough to effectively prevent air bubbles from flowing past the fluid in the dispensing tunnel.